

SESSION 2: YOU ARE THE PREVENTION TOOL

SUGGESTED DISCUSSION QUESTIONS

- What is something you learned that you were not aware of before?
- What happened to Lisa that broke her fire alarm system?
- How did Lisa's parents' perception of her behavior result in missing how she really felt?
- What did Andy say happens to the higher logical thinking regions of the brain when it experiences trauma?
- Why is it more difficult for children to think and express themselves logically?
- Andy mentioned that kids are like a sponge. What did Lisa "soak into her very being" as a result of the abuse she endured?
- What are some beliefs you soaked in as a child?
- What was Lisa's survival technique to make sense of sexual abuse?
- What are some other survival techniques that could be misunderstood as behavior issues?
- In what ways can you relate to not wanting to ever disappoint your parents?
- In what ways can you relate to being misunderstood because you were not able to explain how you were feeling?
- Why do you think it was difficult for Lisa's parents to recognize that she was in a constant state of survival?
- What caused Lisa to internalize instead of having a relationship with her parents?
- How do the heart and brain go hand in hand?

TAKEAWAYS

If you realize you might have missed or are missing how your child is really feeling, this is your opportunity to approach your child and:

- Assure them they are loved unconditionally.
- Ask them if they have a fear of disappointing you.
- Acknowledge and apologize if you misunderstood how your child felt.
- Determine and implement steps to set up a line of defense around your child
- Remind yourself, your child is operating in the lower regions of their brain